## TRAIL CONDITIONS: BE PREPARED!

## **Towpath Detour**

The towpath is closed to visitor use between the Stop Gate and the Widewater area due to towpath reconstruction. A detour is provided via Berma Road. Accesses to the detour are at the Stop Gate and at Anglers Inn Parking. This closure and detour are expected to remain in effect through fall of 2005. See map for more information.

## Billy Goat Trail Section A

Be prepared for the Billy Goat Trail, Section A. It is a very physically demanding trail. If you have doubts about your physical ability to climb over angled rocks and boulders, please consider one of the park's other, less strenuous trails. Pets are prohibited on Billy Goat Trail Section "A" and Bear Island. Bear Island is an important and nationally significant natural area. Please stay on the trail.

The Billy Goat Trail is comprised of three sections of trail. Section "A" is the longest section and by far the most heavily used. Section "A" is a 1.7- mile trail over extremely difficult and dangerous terrain. Visitors in less than optimal health, carrying small children, or those hikers who are not experienced and properly outfitted, should consider trail hiking options carefully. Contact the Great Falls Tavern Visitor Center for a list of hiking options in the Great Falls area.

## **Trail Safety Recommendations**

- ALLOW ENOUGH TIME TO FINISH YOUR ENTIRE HIKE BEFORE SUNSET; trails are very difficult to follow and distinguish after dark. Attempting to hike trails after dark greatly increases your risk of being lost, injured and/or stranded overnight.
- BE PREPARED FOR ENVIRONMENTAL EXTREMES such as hot/humid weather, rain, snow, sleet/ice, and cold temperatures. Heat reflection and lack of adequate shade on the rocky sections of trails can greatly increase hikers' exposure during the summer months.
- CARRY ADEQUATE FLUIDS & REPLENISH FLUIDS REGULARLY IN SUMMER MONTHS. Dehydration and heat stress can lead to heat stroke and death. Do not drink water from streams, river or canal.
- WEAR APPROPRIATE FOOTWEAR with adequate soles and ankle support for rocky trail hiking.
- STAY ON TRAIL AND DO NOT TRAVEL ALONE and stay off slippery rocks and cliff faces.

FOR EMERGENCIES, CALL 911 or 1(866)677-6677 for National Park Ranger Assistance